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Decongestants for sinusitis

Table of Contents

- Decongestants for sinusitis

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Examples

Brand Name	Chemical Name
Afrin	oxymetazoline hydrochloride
Neo-Synephrine, Sinex Decongestant Nasal Spray	phenylephrine hydrochloride
Sine-Off, Sudafed	pseudoephedrine hydrochloride

These products are available as nasal sprays, nose drops, tablets, and liquids.

How It Works

Decongestants reduce swelling of the mucous membrane in the nose and sinuses associated with sinusitis by constricting blood vessels and reducing the blood supply to nasal mucous membranes. This reduces nasal congestion, stuffiness, and runny noses.

Unlike oral decongestants, nasal decongestants constrict blood vessels only in the nose and not in other parts of the body; therefore, they rarely cause the side effects that oral decongestants do. Unfortunately, use of nasal decongestants is safe only for a short period of time, because their use can lead to further swelling of the sinus membranes as they wear off, creating more congestion, which in turn requires higher doses of medication (called rebound congestion). You can develop a dependence on the spray medication to avoid this rebound congestion.

Why It Is Used